

Healthy Snacks

KS3 KS4



Aims

- To be able to describe the benefits of healthy snacking.
- To be able to make healthier snack choices.



Outcomes

- To demonstrate an awareness of the nutritional values of snack foods.
- To identify if all snacks advertised as healthy options are in fact healthy.



Notes

Session Plan: Approximately 60 mins duration

Note: All practical resources required for this session can be provided upon request, simply contact:

healthyschools@everyonehealth.co.uk

Healthy Snacks

KS3 KS4



Introduction

10 mins

Introduce the topic of healthy snacks. Ask the students: "Why do they think they snack?" Ask for feedback. Then emphasise the following points:

- *There are positive effects of snacking.
- *It helps manage hunger
- *Snacking helps provide our 5 a day
- *Ideally you should have 3 balanced meals a day as well as 2 healthy snacks.

Slide
2-3

In small groups ask students to discuss their favourite snacks and why? Present the following questions as a prompt:

- *Is your favourite snack sweet or savoury?
- *What do you like about the flavours in your snack?

* Do you think you have a good balance of treats and healthier snacks?

Ask each small group to share their responses record on the flip chart.

Ask if the students consider their snacks to be healthy?

If not, why not? Are the snacks mainly sweet and more of a treat?



Resources

Flipchart and pens.

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KS3 KS4



Activity 1

Track Your
snack
20 mins

Resources

Worksheet
Flipchart and
pens.

Having now discussed what their favourite snacks are and why, tell the students they will now explore how many snacks they have, how often and what?

Give each student a 'Track Your Snack Worksheet' and ask them to complete the table on their own.

In pairs, ask the students to answer the questions at the bottom of the sheet. Ask for feedback and for the students to identify the snacks that they have listed which are healthy. Record these on the flipchart.

By a show of hands ask the students to indicate if they consider they eat healthy snacks/ unhealthy snacks.

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KS3 KS4



Activity 2

Are "healthy" snacks
always healthy?

25mins

Slide
4 - 5

Discuss what the students remember about the 'Eat Well Guide'? What can they remember about the sections and the role they play in a healthy balanced diet? Invite individuals to contribute their ideas.

Handout the 'Eat Well Guides' after discussion. Ask them to look at the Guide and identify which section they consider their snacks to come from e.g.

cheese strings = Dairy;

crisps = Outside of the plate- high in fat,

yoghurt = Dairy,

biscuit = Outside of the plate – high in sugar and fat.

Ask the students if they have a snack in their bag which they wish to share. Ask them to look at the traffic lights on the pack/wrapper that indicate the food values of the snack. Is the snack high/low in sugar? How much fat? How much salt?

Distribute the cards showing snacks that are promoted as being healthy options e.g.

Kellogg's Special K protein bar, Granola, Naked Peanut bar, Dairy Lea Lunchables, Trail Mix, Activia fat free strawberry yoghurt, Walkers quavers, Salt and Vinegar rice cake, Hartley Sugar-Free jelly.

Organise the students to work in groups and ask them to look at the "healthy snack" cards with nutritional information to work out if any of them are actually "healthy".

Gather the students together to share their thoughts on which snacks they think on the cards are actually the healthy options.

Resources

- Eat well guide
- hand out
- Healthy snack cards

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KS3 KS4



Recap

5 mins

Ask the students for:

- one new thing they have learnt during the session or
- something new they will try.

Handout snack swap sheets for them to take home if required.

Resources

- Snack Swap
- Handout

